

NEWSLETTER ARTICLES

Include this article in your newsletters and communications to the parents and carers of your students.

Talking to kids is the safest bet

Gambling is more heavily promoted and accessible to young people than ever. Even though gambling is only legal for over 18s, [research](#) shows that young people are increasingly finding ways to gamble, and early exposure to gambling is a risk factor for gambling problems later in life.

But there's good news. Parents and carers are in a great position to help kids develop a balanced understanding of how gambling really works, and you don't need to be an expert on the topic to start a conversation. Health professionals say talking about gambling with young people is just as important as talking about other situations where risk may be involved – like drugs and alcohol.

Talking to them sooner rather than later about gambling will give your kids a better chance of understanding the risks involved - including the limited chances of winning - and avoid problems related to gambling in later life.

For tips on how to have a conversation with the young person in your life about gambling, visit the 'Parents and carers' section of Be Ahead of the Game website: beaheadofthegame.vic.gov.au

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